

The NASM (National Academy of Sports Medicine) Optimum Performance Training Model (OPT™)



Level	Phase	Primary Adaptations	Primary Methods of Progression
Stabilization	1. Stabilization Endurance Training	<ul style="list-style-type: none"> <li>◆ Mobility and flexibility</li> <li>◆ Core and joint stabilization</li> <li>◆ Postural alignment and control</li> <li>◆ Muscular and aerobic endurance</li> </ul>	<ul style="list-style-type: none"> <li>◆ Master basic movement patterns.</li> <li>◆ Progress exercises proprioceptively (controlled, yet unstable) once basic movement patterns are established.</li> <li>◆ Increase the complexity of exercises once basic movement patterns have been established.</li> </ul>
Strength	2. Strength Endurance Training	<ul style="list-style-type: none"> <li>◆ Core strength and joint stabilization</li> <li>◆ Muscular endurance and prime mover strength</li> </ul>	<ul style="list-style-type: none"> <li>◆ Decrease rest periods.</li> <li>◆ Increase the volume of exercises (reps + sets).</li> <li>◆ Increase the load (weight) of resistance training exercises.</li> <li>◆ Increase the complexity of resistance training exercises.</li> </ul>
	3. Muscular Development Training	<ul style="list-style-type: none"> <li>◆ Core strength</li> <li>◆ Muscular strength and hypertrophy</li> </ul>	<ul style="list-style-type: none"> <li>◆ Increase the volume of exercises.</li> <li>◆ Increase the load of resistance training exercises.</li> <li>◆ Increase the complexity of resistance training exercises.</li> </ul>
	4. Maximal Strength Training	<ul style="list-style-type: none"> <li>◆ Core strength</li> <li>◆ Maximal muscular strength</li> </ul>	<ul style="list-style-type: none"> <li>◆ Increase the load of resistance training exercises.</li> <li>◆ Increase the sets of resistance training exercises.</li> </ul>
Power	5. Power Training	<ul style="list-style-type: none"> <li>◆ Core strength</li> <li>◆ Maximal muscular strength</li> <li>◆ Rate of force production</li> </ul>	<ul style="list-style-type: none"> <li>◆ Increase the load of resistance training exercises.</li> <li>◆ Increase the speed (repetition tempo) of exercises.</li> <li>◆ Increase the sets of exercises.</li> </ul>